

Abstract of The Disclosure

A method for laser cooling of atoms for laser-cooling atoms each involving a plurality of magnetic subsidiary levels as its cooling lower level being in a ground state in energy level wherein each coherent light of a predetermined wavelength containing a plurality of different polarized light is emitted sequentially to the atoms in response to the plurality of magnetic subsidiary levels being the cooling lower level in the ground level in an atom, which is an object to be laser-cooled, while keeping a predetermined time interval, whereby it becomes possible to laser-cool a variety of atoms including semiconductor atoms such as silicon and germanium.